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ABSTRACT

This selected bibliography, compiled from recommendations by practicing librarians providing service to Spanish-speaking communities, includes Spanish and bilingual Spanish/English materials dealing with health. The topic is broadly defined to include any conditions which affect a person's well-being, and includes alcohol and drugs, consumer health information, diseases, human physiology, medical care, medicinal plants and herbs, mental health, nutrition, pediatrics/childcare, physical fitness, pregnancy and childbirth, sex education, and women's health. The bibliography is divided into two sections which are organized alphabetically by topic. The first part includes annotated citations of materials currently available from various distributors. The titles listed but not annotated in the second part represent those which were either not verified as in print, or those for which review copies were unavailable. A list of sources for Spanish language materials is also included. (MBR)

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SPANISH LANGUAGE HEALTH MATERIALS:

A SELECTIVE BIBLIOGRAPHY

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TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC) AND USERS OF THE ERIC SYSTEM."

IR006903

CALIFORNIA ETHNIC SERVICES TASK FORCE
1978

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PREFACE

The following bibliography was prepared by a subcommittee of the California Ethnic Services Task Force with the cooperative efforts of several resource persons throughout the State.

The California Ethnic Services Task Force, an LSCA funded project, was established to address problems associated with ethnic and non-English language collection development and services.

The fifteen member Task Force was appointed by California State Librarian, Ethel S. Crockett, to implement the project goal--"the development of tools and methodologies to assist California librarians establish collections and services to meet the needs of California's ethnic populations."

Sub-committees within the Task Force addressed specific problems related to the stated goal:

1. "To develop a model plan for the establishment and development of library collections and services to meet the needs of California's ethnic populations."
2. "To identify and evaluate sources (vendors, publishers, tools) for purchase of materials."
3. "To develop a selected core collection list/bibliography in a specific area. Publish at least one during the first year."
4. "To disseminate information about current services, collections, and on-going programs in California libraries designed to meet the needs of the ethnic populations."
5. "To make recommendations for further development of library collections and services to meet the needs of California's ethnic populations."
6. "To develop access tools."

The Task Force structure was designed to solicit support and to develop cooperative working relationships from the co-sponsoring library systems and expertise in the field. Task Force membership included representatives of the four major ethnic groups in California: American Indian, Asian American, Black, and Chicano/Spanish-speaking. Task Force activity emphasized service to these four major groups.

Special thanks are due to the following persons for their interest and hard work in contributing to this product: Anna Angelini, Stockton Public Library; Marta S. Ayala, San Diego State University Library; Lidia Brown, Siskiyou County Library; Deborah Cornue, San Francisco Public Library; Judy Furman, Los Angeles County Public Library,

Hortensia Hernandez, Los Angeles County Public Library; Mary Frances Johnson, Redwood City Public Library; Sylvia Johnson, Los Angeles Public Library; Julia Orozco, Los Angeles County Public Library; Tony Ramirez, Los Angeles County Public Library, Mary Ruiz, Los Angeles County Public Library; Task Force Members: Anita Peterson, Inglewood Public Library; and Hilda Prieto, Los Angeles County Public Library.

We are grateful to the following vendors of Spanish language materials for their assistance in locating materials and providing review copies to persons working on annotations. Bernard H. Hamel; Quality Books, Tom Kammerer and Jud Crick; and Linda E. Goodman, president, The Bilingual Publications Company.

INTRODUCTION

This bibliography is designed for use by medium-sized public libraries in either initiating or expanding a Spanish language materials collection. It is selective in scope, having been compiled from title recommendations submitted by practicing librarians responsible for services to Spanish-speaking communities.

The appended vendors listing ("Sources for Spanish Language Materials") is included in order to provide possible sources for procuring titles appearing in the bibliography. It is neither a comprehensive nor a verifiable listing, but it is hoped that it will be of some aid in the location of Spanish language distributors not only in different parts of California, but different areas of the United States as well.

The titles included on the annotated list ("PART I Annotations") are currently available from various distributors, and are either in Spanish or bilingual Spanish/English form and represent a wide range of reading levels and interests. The titles listed but not annotated ("PART II Additional Materials") represent those which were either not verified as in print, or those for which review copies were unavailable to contributing resource persons. These titles are included as a source list for further investigation in this area.

For the purposes of the bibliography, "health" has been defined to mean any condition (disease, environment, social habits) which affects the well-being of a person. The bibliography includes popular subjects such as yoga, diet, nutrition, and mental health.

An attempt has been made to provide annotations which include a critical description of contents and an evaluation in terms of language and reading level.

Annotators are identifiable by the initials provided at the conclusion of each annotation.

PART I Annotations

The titles included on this annotated list are currently available from various distributors. They are either in Spanish or bilingual Spanish/English form and represent a wide range of reading levels and interests.

RESOURCE PERSONS

(AA) Anna Angelini
Stockton Public Library

(MA) Marta S. Ayala
San Diego State University Library
Imperial Valley Campus

(LB) Lidia Brown
Siskiyou County Library

(DC) Deborah Cornue
Mission Branch
San Francisco Public Library

(HH) Hortensia Hernandez
East Los Angeles Branch
Los Ángeles County Public Library

(MFJ) Mary Frances Johnson
Fair Oaks Branch
Redwood City Public Library

(SJ) Sylvia Johnson
Lincoln Heights Branch
Los Ángeles Public Library

(JO) Julia Orozco
Pico Rivera Branch
Los Ángeles County Public Library

(AP) Anita Peterson
Inglewood Public Library

(HP) Hilda Prieto
Los Ángeles County Public Library

(MR) Mary Ruiz
Montebello Branch
Los Ángeles County Public Library

ALCOHOL AND DRUGS

Alcohol:

U.S. DEPARTMENT of Health, Education, and Welfare. Unamos nuestros esfuerzos--Let's pull together. DHEW Publication # (ADM) 76-326, printed 1976.

Defines alcoholism as an illness. Bilingual discourse on alcoholism --Spanish on left page, English on right. Describes problems, lists the seven danger signs to look for, seven ways to help, seven activities that will worsen the situation, and gives directions on how to find help in the local community. Gives the addresses of four national organizations working against alcoholism, and leaves space for the distributor to add the name of a local agency. Concludes that the family must work together to solve the problems of an alcoholic member. The language is standard Latin American Spanish, no technical terms. The reading level is fifth or sixth grade up, although Spanish-speaking persons educated in Latin American schools at third or fourth grade level could read it. Recommended to general lay public for introduction to the problem and its solutions. (MFJ)

VIVIENDO con un alcohólico con la ayuda de Al-Anon. Al-Anon Family Headquarters Inc., 1966.

A Spanish translation of a publication entitled "How to Live with an Alcoholic," from the Al-Anon Family Group Headquarters. It deals with the characteristics of the alcoholic, social relations, sexual problems, children of alcoholics, institutions that deal with the alcoholic, etc. The language is clear, and geared to a general audience. The problem with this book is that it includes too many stereotypes, and assumes that all alcoholics are men. Also it does not offer concrete suggestions on how to deal with the problem, and unless there is an Al-Anon organization around, the book serves little purpose, except to give some background on the organization and how it helps people. Recommended with reservations. It is somewhat outdated, and there are better publications dealing with the problem of the alcoholic. (MA)

Drugs and Tobacco:

LOURIA, Donald B. Las drogas, qué son y cómo combatirlas--Drugs. What they are and how to deal with them. México: Editorial Diana S.A., no date.

Translation of "Overcoming Drugs--A Program for Action." Practical advice on how to deal with established or potential drug use; its objective is to inform parents, teachers, officials and other interested people about the problem of drug abuse. Contains concise

descriptions of drugs, their effects, composition and toxicity. Bibliography. No index. Recommended for young adults and lay readers. (JO)

SPARANO, Carlos Albert. Cómo dejar de fumar para siempre. Barcelona: Editorial De Vecchi S.A., 1974.

Factual but easily read, this book delineates the effects of smoking on the various parts of the body and also discusses the psychological and sociological aspects of smoking and includes a diet to follow when you quit smoking. 210 pages with adult vocabulary but designed for the lay person. Indexed. (AP)

VANDER, Adrian. El tabaco y su salud. Barcelona: Editorial Sintes S.A., 1967.

A brief text on smoking with its effects; it is broken down into three main areas: why people smoke; the effects of tobacco; and how to stop smoking. Each section is plainly written and accompanied by illustrations. It should be popular in any library due to the current interest in the subject. Recommended for adults and young adults. Brief bibliography. (JO)

CONSUMER HEALTH INFORMATION

U.S. DEPARTMENT of Health, Education, and Welfare. Guide to audiovisual aids for Spanish-speaking Americans. DHEW Publication # (HSA) 74-30, printed 1973.

Published by the Department of Health, Education, and Welfare in 1973, this 37 page pamphlet "Guide to Audiovisual Aids for Spanish Speaking Americans" lists health related films and filmstrips, most of which are available with Spanish language soundtracks. The listings are broken down by subject such as Family Planning, Mental Health, Nutrition, and Sanitation. Films are listed alphabetically under each subject and information given includes form, sound, color/BW, length, date and price of rental, purchase, or license fee. The descriptions of the materials are those of the distributors and none of them have been previewed by the compiling staff. Names and addresses of distributors are listed separately. The dates of materials are from 1940 to 1973. This publication would probably be of most use to teachers and health workers, although libraries developing audiovisual collections might find it helpful. (DC)

U.S. DEPARTMENT of Health, Education, and Welfare. Spanish language health communication teaching aids; a list of printed materials and their sources. DHEW Publication # (HSM) 73-19, reprinted January, 1973.

A list of Spanish language health communication printed materials

and their sources compiled by the Office of Communications and Public Affairs, Health, Education, and Welfare, during 1971. It is primarily intended to be used by persons and institutions involved in health communications for the Spanish-speaker in the United States. For each item, it gives a brief description (in English), but no critical annotations, and sometimes gives its price. The material is arranged by publishing agency, and includes a subject index. (MA)

UNIVERSITY of California. Reglas básicas para el uso de pesticidas venenosos. University of California Agricultural Sciences Division leaflet #2769, no date.

Authoritative guidelines for the use of poisonous pesticides, by J. Blair Bailey, entymologist specializing in the use of poisonous pesticides, Riverside. Lists seven points to follow, including first aid and an outline of the four different categories of toxicity of pesticides, using the words on the warning labels as the means of identifying which category the product is in. Includes list of telephone numbers of agricultural advisors in the State of California, by county. The language is standard, formal Spanish. Terminology used is that of farm equipment, spraying equipment, etc. For adult readers. (MFJ)

DISEASES

ÁLVAREZ, W. G. Viva en paz con sus nervios. Barcelona: Editorial Bruguera S.A., 1958.

Discusses the most effective method to help you deal with the problems and illnesses caused by your nerves. Recommended for the general public. The Spanish style is informal. (MR)

BARDOSSI, Fulvio. La esclerosis múltiple. Public Affairs Pamphlets, 1971.

Twenty-four pages, small print. Covers the following aspects of the problems of multiple sclerosis: problems in scientific research, detailed description of nervous system, protective covering of the myelin, effects of the destruction of myelin, variable symptoms and unpredictable progress of the disease, type of victims of multiple sclerosis, geographic zones of greater risk, what can be done, need for constant re-evaluation of patient, optimistic future perspectives, change of emphasis in research, what happens when antibodies attack the body, experimental model of multiple sclerosis, unlinked viruses, network of services (National Association of Multiple Sclerosis), future promise of research. Some technical terminology; standard Latin American Spanish. (MFJ)

CAVALLI, Pablo. Curación de la úlcera--Caring for ulcers. Barcelona: Editorial De Vecchi S.A., 1964.

A basic introduction to gastrointestinal ulcers including causes, characteristics and treatment. It is intended as a lay person's guide to supplement medical attention. The text is simple to read, contains some illustrations and has a fairly detailed table of contents, though no alphabetical index. Recommended for the lay person desiring basic information on the subject. (JO)

CLEMENT, F. Artritis, artrosis, y reumatismo. Barcelona: Editorial De Vecchi S.A., 1974.

This book contains a very general description of arthritis and rheumatism and the therapies used to gain relief. It does not mention seeking a doctor's help but the therapies described are ones usually only available from a doctor and they are not given in enough detail for a person to attempt himself. The book is recommended as general information for the layman. (SJ)

DE AGOSTINI, Bautista. La arteriosclerosis. Barcelona: Editorial De Vecchi S.A., 1974.

Causes, consequences and treatment of arteriosclerosis explained in clear, non-technical language for the layman. (AA)

GROVER, John W. and Grace, Dick. Manual de las enfermedades venéreas. México: Editorial Diana S.A., 1971.

Factual information about venereal disease in simple, straightforward language. Informative material for anyone interested in the sexual revolution and today's veneral disease problem by a medical man. (AA)

HERNANDEZ-PENICHE, J. Manual de epilepsia para padres y maestros. México: Editorial Diana S.A., 1975.

A practical guide for parents and teachers who come into contact with the epileptic. This clearly and concisely written manual, in very readable print, discusses the causes, first aid procedures, treatment and answers questions about this often misunderstood condition. (AA)

NATANGELO, Roberto. Enfermedades del corazón--Heart disease. Barcelona: Editorial De Vecchi S.A., no date.

A basic guide on the care and cure of heart disease. Easy-to-read format. Recommended for the general public. (MR)

SAPONARO, Aldo. Médico a su alcance. Barcelona: Editorial De Vecchi S.A., 1972.

This family medical guide is a comprehensive reference book defining some 200 ailments that afflict man. Written in precise, easy-to-understand language, this guide helps the layman observe and act upon the first signs of an illness. (AA)

HUMAN PHYSIOLOGY

AMERICAN Medical Association. La maravillosa máquina humana. American Medical Association, 1971.

A forty-four page translation of "The Wonderful Human Machine" pamphlet published by the American Medical Association. It is divided into eight chapters, each from four to six pages long, explaining such body mechanisms as the skeletal and nervous systems, and the sensory organs. The many illustrations are easy to understand and compliment the text which is appropriate for high school reading level. A three page glossary of terms is included at the end of the text. Despite a number of spelling errors found in the text, this publication is recommended for being easy to understand and clearly illustrated for those who need a basic explanation of human anatomy and physiology. (DC)

PAUCHET, Victor and Dupret, S. Atlas manual de anatomía. Barcelona: Editorial Gustavo Gili S.A., 1973.

This is a very detailed anatomy atlas which is used by the layman as well as professional. The only drawbacks are that the 4 x 6 pages do not allow for enlargement of parts of the body and the illustrations are mainly black and white drawings. Otherwise it is a good anatomy book. Fair index. (SJ)

TURBIN, John. Manual práctico de cultura física. Barcelona: Editorial De Vecchi S.A., 1964.

This manual deals not only with basic facts about anatomy and physiology, but recognizes the close relationship of body, mind and spirit. Each exercise is accompanied by an illustration. (AA)

MEDICAL CARE

General:

MANN, Felix. Acupuntura: el arte de curar enfermedades. Barcelona: Editorial Pomaire, 1971.

A general explanation of the theory and practice of acupuncture

written in simple language for the uninitiated reader. It includes several drawings as illustrations. It is appropriate for the adult who seeks general information. The English version has been very popular with the general public. 154 p. (AP)

MOSS, Louis. Acupuntura: el secreto de la medicina China. Barcelona: Editorial Bruguera S.A., 1964.

This simple, readily understandable book answers those questions most frequently asked by people interested or involved in acupuncture. The thirteen diagrams are very helpful. (AA)

Emergency/First Aid:

ARMSTRONG, D.B. Mientras el médico llega. Barcelona: Ediciones Daimón, 1963.

Consists of three parts, 1) general principles we should all know about first aid, 2) priority treatment and 3) aid and treatment of emergency cases. Easy to read. Recommended for the general public. (MR)

FOURNIER, Pierre. Qué hacer mientras llega el médico. Barcelona: Ganduxer, 1971.

What to do before the doctor arrives in case of illness or accident. Recommended for students and those in professions that serve the public. (HP)

RED Cross. Primeros auxilios standard y seguridad personal. La Cruz Roja Nacional Americana, 1974.

A translation of the American National Red Cross basic textbook for first aid training. Designed to instruct the lay person in first aid, its application and limitations. Each chapter covers a different type of occurrence requiring first aid, and provides step-by-step instruction on the matter. Well illustrated. Good index. Highly recommended. Ages: sixth grade and up. (JO)

SAPONARO, Aldo. Primeros auxilios. Barcelona: Editorial De Vecchi S.A., 1973.

This manual is designed for use by the general public to meet the needs of most situations when emergency first aid care is needed. Encyclopedic arrangement of subjects plus an index. (AA)

Health Guides/Reference Books:

LEDESMA PEREZ, María del Carmen. Introducción a la enfermería. México: Editorial Limusa S.A., 1974.

This introduction to nursing, written by a nursing professor, is aimed at both paraprofessionals and nursing students. The author states her objective as aiding the young student who is beginning to care for patients. The format is simple, each subject consisting of procedure, a principle, and recommendations. It is illustrated with many photographs, plus a bibliography and a glossary. Paperback, suitable for binding. 174 p. (AP)

USANDIZAGA, M. Manual de la enfermera. México: Editora Nacional, 1974.

An introductory handbook on nursing for students. Each subject is treated in some detail and illustrated, although the illustrations are of poor quality (photographs). Contains good basic information, but does not deal with the latest developments in medicine, for example, nuclear medicine and advanced scanning devices. It has a detailed table of contents and a comprehensive index. (JO)

MEDICINAL PLANTS AND HERBS

CAPO, Nicolas. Cúrese con el limón, la cebolla, el ajo y la naranja. México: Editores Mexicanos Unidos S.A., 1974.

This book is basically the same as "Mis observaciones clinicas sobre el limón, el ajo, y la cebolla," except it does add 66 pages on the orange. (SJ)

CAPO, Nicolas. Mis observaciones clínicas sobre el limón, el ajo y la cebolla. México: Libro-Mex Editores, 1976.

This book describes miracle cures of medical problems such as apendicitis, hernias, baldness and colds. Although the book is very popular and books on this subject are often requested, its major drawback is that there is no warning to the reader to consult with a doctor for serious illness. The language is very chatty and is for the lay person. Use with caution. (SJ)

CECCHINI, Tina. Enciclopedia de las hierbas y de las plantas medicinales. México: Editorial De Vecchi S.A., 1973.

Alphabetical index of medicinal plants, by common Spanish name--no index by Latin name. Alphabetical lists of American medicinal plants; common botanical terms; medical terms and definitions;

household uses of plants; plants useful with animal illnesses; medical uses of plants; popular names of plants and synonymous names of plants in main list. Introduction gives detailed instruction on how to collect and process medicinal plants correctly; how to prepare the different ways of administering the medicine (poultices, decoctions, infusions, macerations, juice, tea, tincture, unguents and medicinal wines). Formal standard Spanish. Recommended for lay people and health workers. (MFJ)

KREIG, Margaret B. Medicina verde--Plant and herbal medicine. México: Compañía Editorial Continental S.A., 1964.

The search for plants that heal is brillantly demonstrated in this book. Plant and herbal medicine, which has cured many illnesses, has helped men of science. Recommended for students of botany and those interested in plants that heal. (MR)

POMPA, Gerónimo. Medicamentos indígenas. 41st ed. Miami: Editorial America, 1974.

Alphabetically organized by common names of items (not limited to plants) used for medicinal purposes by native Americans of Venezuela. Covers animal, vegetable and minerals. Cures were collected from ordinary workers, native curanderos, etc. Author does not authenticate the claims made for these items, says it is up to medical science to prove or disprove. The author is only reporting the claims made by users. Includes an alphabetical index of medical items, plus an index of illnesses with reference numbers of items used in treatment. No cross reference from other common names of plants. Recommended for general public. Reading level: sixth grade and up. (MFJ)

MENTAL HEALTH

Jagot, P.C. Cúrese el insomnio. México: Editores Mexicanos Unidos S.A., 1975.

How to prepare your body to eliminate suffering from insomnia. Advice on insomnia causing illnesses and how to avoid certain illnesses. Easy to read. (HP)

KARLINS, Marvin. Bioinformación (Biofeedback). México: Editorial Diana S.A., 1972.

A translation of "Biofeedback." The book instructs the reader in a method by which mental processes and personal health can be controlled through correct habits of the mind. Good index. Includes bibliography. No illustrations. For young adults and

adults. 223 p. (JO)

NUTRITION

CALLIZO, G.R. La salud a través de la filosofía y la dieta vegetariana. Barcelona: Editorial De Vecchi, 1975.

Discusses not only the benefits of natural food, but also those of natural prophylaxis and therapy. (JO)

CHÁVEZ, Salvador Montero. La salud por las hormonas y las vitaminas. México: Editorial Olimpo, 1968.

This is a comprehensive yet simple study of hormones and vitamins. Includes the anatomy and physiology of all glands. The chapter on endocrine glands includes diagrams and a history of their discovery, the functions of each and the sources of each. The book includes separate tables of vitamin and caloric values of food. This book is practical for the lay reader. I know of no more recent title in Spanish dealing with this subject. The author's didactic style utilizes simple Spanish. (HH)

FISHER, Patty. Valor nutritivo de los alimentos. México: Editorial Limusa, 1970.

Making use of a number of tables and charts, this textbook covers what nutrients are necessary for good health and why; the daily requirements of such nutrients, and the amount of nutrients in various foods. Also included are chapters on the digestive system, dietary needs of special groups (such as pregnant or nursing mothers or senior citizens), planning menus to include necessary nutrients in the diet, conservation of foods, and world-wide food problems. Originally published in Great Britain, it is oriented to that population which would make some of the information irrelevant to Spanish-speaking library patrons in this country, for example, curries in the diet, or the food regulations given. Level of Spanish: adult lay or professional with special interest in nutrition. (DC)

GARE, Fran and Monica, Helen. Libro de cocina de la dieta del Dr. Atkins. Barcelona: Editorial Grijalbo S.A., 1976.

Dr. Atkins believes that dieting should not be a brief, unpleasant experience and offers a variety of meals that will never become boring and recipes in clear, precise language which will result in lasting weight loss. (AA)

SHELMIRE, J. Bedford, Jr. El arte de conservarse joven. Barcelona: Editorial Pomaire S.A., 1974.

A manual of beauty aids for the skin, hair, and nails. The book includes such techniques as diets and hygiene. Spanish language is good. General adult or young adult audience. (HH)

STILLMAN, Irwin Maxwell. La dieta médica de reducción rápida de peso. México: Editorial Diana S.A., 1967.

Translation into Spanish of "Quick Weight Loss Diet." "...Dr. Stillman...created the Quick Weight Loss Diet because his overweight patients were unsuccessful in reducing on 'regular balance dieting.'" He believes the Quick Weight Loss Diet is medically sound and psychologically beneficial for dieters... Numerous reducing diets and alternate diets are listed... (Library Journal, May 15, 1967, p. 1945). Standard Mexican Spanish. Reading level: fifth or sixth grade and up. (MFJ)

PEDIATRICS/CHILD CARE

BAUER, Charles H. Libro del bebé del Dr. Bauer. México: Editorial Diana S.A., 1970.

Simple, common sense book for modern parents by a distinguished pediatrician. Dr. Bauer's advice will be specially helpful to new mothers. (AA)

BUTTER, Michéle. Las enfermedades del niño. Barcelona: Sagitario S.A. de Ediciones y distribuciones, 1972.

Simple explanations concerning the growth, feeding problems, illnesses of the child, and puberty. Recommended for parents and professionals. (MR)

HOLT, L. E. Cuidado y alimentación de los niños. México: Editorial Diana S.A., 1969.

A handbook for parents and others involved in the care of children. Material covers the care of children from birth to infancy. Recommended. (HP)

PIAGET, Jean. El criterio moral en el niño--Moral judgment of the child. Barcelona: Editorial Fontanella S.A., no date.

A paperback with small print and no illustrations. A technical, scientific study by a well known psychologist. The result of interviews with children from schools in Geneva and Neushatel, Switzerland. The book studies moral judgment, not conduct, in

children including attitudes on lying and justice from a sociological and moral standpoint. Suggested for parents, teachers, and social scientists, since the morality of a child can help us understand that of an adult. 356 p. (AP)

SPOCK, Benjamin McLane. Cuidado del niño lisiado. México: Editorial Fournier S.A., 1965.

A general guide recommended for parents caring for a disabled child. It was originally published in English under the title "Caring for Your Disabled Child." The book covers psychological problems, rehabilitation, the search for medical help, problems of educational and social development of the child, and mechanical problems such as with a wheelchair or crutches. High school level. (AA)

TANNER, James Mourilyan. El crecimiento. Time-Life, 1965.

Translation of English language title published in 1965: "Growth." (Life Science Library. Time-Life, 1965.) Using scientific terminology for items discussed, the book is addressed to mature young adult and adult. Since the English copyright date is 1965, it might be outdated by now in some aspects, but is still a very good presentation of basic facts of life insofar as growth itself is concerned (at least in Spanish versions accessible to the public). Includes the famous color illustrations of the growth of the fetus in the womb (photos) from Life magazine. (MFJ)

VARZI, Sergio. Esperando al pediatra. Barcelona: Editorial De Vecchi S.A., 1964.

Manifestations of the most frequent childhood illnesses, how to recognize the symptoms and the proper treatment to avoid complications. Recommended for parents and professionals. Language is formal and terminology somewhat difficult. (MR)

VAUGHAN, Gerard. Mamá, no me siento bien; guía gráfica de las enfermedades más frecuentes en la infancia. León: Editorial Everest y Arcade Publishing LTD, 1972.

Comprehensive guide with excellent color photographs on childrens' illnesses. Dr. Vaughan, a London physician and surgeon, offers advice on diet, the sickroom, preparing the child for hospitalization, teething, first aid treatment, etc., in clear, concise, non-technical language. Includes charts on height, weight, and growth. A ready reference book every mother should have within reach. Reading level: lay adult. Recommended. (AA)

PHYSICAL FITNESS

General:

LANVIN, Lisette. Manual de masajes. Ediciones Aura, 1977.

A rather interesting and complete treatment of massage and its therapeutic, aesthetic and sporting applications. Basic instruction in the art of massage in combination with exercise and nutrition for health and well being. Line illustrations are provided throughout. Detailed table of contents. Recommended for the lay person. (JO)

PERSONAS de edad sin achaques. Barcelona: Ediciones Cedel, 1970.

This book is part of an original Spanish language health series entitled "Consejos para vivir con salud." This particular volume deals with aging. The first chapter is dedicated to gerontology as a science. Subsequent chapters offer guidance in exercise, diet, hygiene, and psychology aimed at easing the problems of aging. The book is practical and readable. Although many alternatives are presented, no specific claims are made for any one technique or solution. The book is aimed at an adult, non-specialist audience. Since the book is written originally in Spanish, it flows particularly well. (HH)

Exercises:

COOPER, Kenneth H. Aerobics. México: Editorial Diana S.A., 1968.

Dr. Cooper's scientific program of exercise shows you how to evaluate your physical condition, how to determine which exercises are most beneficial, and how to maintain a total fitness condition. (AA)

COOPER, Kenneth H. El nuevo aerobics; nuevos ejercicios aeróbicos. México: Editorial Diana S.A., 1972.

The book argues for the value of and describes a program of exercise for fitness and health. It begins with a test to establish the reader's present physical condition and goes on to describe the exercise program necessary to achieve top physical fitness. The program is not concerned with muscular development but with total physical well being. Advocates running, walking, bicycling, swimming, etc. The Spanish style and format is informal, friendly, and for adult readers. I have not seen any other work on the subject in Spanish and I highly recommend it. (HH)

COOPER, Mildred and Kenneth. Aerobics para mujeres. México: Editorial Diana S.A., 1972.

The Coopers describe how the aerobic system works for people of various age groups, men as well as women. They include a special chapter on women's figure control relating to pregnancy and the menstrual cycle. They utilize the same friendly format in "Aerobics for Women," so that the book has the same popular appeal to the general adult audience. The Spanish translation is accessible to the general adult Spanish reader. Highly recommended. (HH)

PUNZO, Manrico. Ágiles, sanos y fuertes con 15 minutos de gimnasia diaria. Barcelona: Editorial De Vecchi S.A., 1970.

Simple, effective gymnastics in this manual. Can be followed by persons of any age. Illustration for each exercise is very helpful. (AA)

Yoga:

AMORENO LARA, Xavier. El camino del yoga. Bilbao: Editorial Mensajero, 1971.

A practical book, with detailed instructions for the postures and exercises which constitute the basis of practising yoga. Uses line drawings to illustrate each posture discussed. Gives background information on philosophy of yoga, its elements and objectives. Appears to be rather complete coverage of the subject and might scare off some beginners. Well used in our library by serious students of yoga. The book uses standard, formal Spanish and proper terms for body parts. Addressed to beginners. (MFJ)

GERAUD, Jean Pierre. Yoga para niños el juego de la felicidad. Buenos Aires: Editorial Caymi, 1968.

An illustrated manual to introduce children to yoga. There are 114 photographs of children doing the exercises. Starts with basic balancing and eye exercises. Includes explanation to parents and teachers of value of yoga, descriptions of "first steps," 22 asanas, breathing exercises, one relaxation exercise (savasana), plus a four page explanation at the end of some of the different types of yoga. Using formal, standard Spanish, the manual is addressed to parents and teachers of children. Many illustrations, relatively little on history and philosophy of yoga. Designed to introduce children to yoga. Pictures of children might conceivably make it more appealing to children than another title. Text probably too difficult for children to handle by themselves, will need direction of adult to follow the procedures. (MFJ)

PREGNANCY AND CHILDBIRTH

BETTER Homes and Gardens. Su niño: un manual para los padres. Time Life, 1975.

Compiled with the help of a number of childcare authorities. The book is a guide for taking care of a baby from before birth to six years of age. The section on pregnancy covers the usual topics of conception and development of the fetus; special needs and problems of pregnant mothers; visits to the doctor; what to buy for the new baby; and childbirth. The second section covers the child from birth to two years and includes in detail such basics as nursing and bottle feeding, changing diapers, and giving baths. It continues by giving a breakdown of the stages of development of the child, what to expect in terms of behavior, and how to guide the child's development. There is a 25 page chart listing common childhood diseases, causes, symptoms, treatment, and a chapter on first aid for the child. The Spanish is informal and suitable for a lay or professional adult. The photo illustrations, while quite detailed and clear, especially those for caring for the new born, appear to be 1950's vintage. Also, some of the material is dated, for example, in the discussion of childbirth it is assumed that the baby will be born in the hospital and that some sort of anaesthetic will be used. No mention is given of such alternatives as Lamaze, Leboyer, or home births. Recommended, but patron should have access to additional materials, especially on natural childbirth. (DC)

BOSTON Children's Medical Center. Embarazo, parto y recién nacido. Plaza y Janes, 1973.

A translation of "Pregnancy, Birth, and the New Born." Besides giving thorough coverage of the subjects indicated in the title, this book also has a section on special problems including sterility, natural and induced abortions, and genetics. Since the emphasis of the book is medical, it gives a lot of coverage to such topics as body changes and common complications during pregnancy and medical problems of the new born. The section on delivery includes a chapter on natural childbirth. There are no illustrations and the Spanish is fairly formal. Highly recommended for adult professionals and lay persons. (DC)

DAVIS, M. E. Como tener un bebé sin perder la figura. México: Editorial Diana S.A., 1974.

Nine basic exercises with easy-to-follow instructions. The book has three principal objectives: instructing the mother on how to remain in good physical condition during pregnancy; enhancing conditions for a happy childbirth; and enhancing conditions for a rapid recovery after childbirth. (MR)

DEL BO, L. Manual de la futura madre. Barcelona: Editorial De Vecchi S.A., 1968..

A basic sex education manual aimed at young women. Coverage includes conception, birth control, pregnancy, and nutritional needs during pregnancy. The book is illustrated, some in color, some charts and graphs. No index, but detailed table of contents. Good print; fair binding. Recommended for young adults and lay adults. 327 p. (JO)

GAVENSKY, R. V. Parto sin temor y parto sin dolor. Buenos Aires: Librería El Ateneo Editorial, 1973.

Instructions and preparation for childbirth without fear. Discusses the act of giving birth as a natural process and how the baby and mother help in childbirth. (HP)

LEBOYER, Frederick. Por un nacimiento sin violencia. Barcelona: Ediciones Daimón, 1974.

Attractively arranged with clear print and short numbered sections. The book has many whole-page black and white pictures, and is printed on heavy paper. Parts are done in dialog similar to doctor and patient. Leboyer affirms that children suffer pain at birth and he discusses how to avoid it. The Spanish used is universal and the vocabulary is simple, which makes for easy readability for the general public. The English version has been very popular. 173 p. (AP)

MARCHESSAULT, Ivette Pratte. Embarazo y postparto. Barcelona: Ediciones Daimón, 1971.

Photographs and illustrations in this book help the mother-to-be prepare herself for a normal physiological function and for avoiding unnecessary discomfort or fears during pregnancy. Each exercise is accompanied by photographs. (AA)

NILSSON, Lennarm. Un niño va a nacer: el primer drama de la vida. Barcelona: Ayma S.A., Editora, 1967.

Originally copyrighted in 1965 in Sweden and published in the United States as "A Child is Born: The Drama of Life Before Birth," this book traces in photographs, drawings, and text, the development of human life from before conception until after birth. It is most noted for its dramatic color photographs of the stages of the growth of a fetus. Popularly written, this book is of great interest to pregnant women or anyone interested in the miracle of life. Recommended. (DC)

RORVIK, David M. and Shettles, Landrum B. El sexo de sus hijos, ahora puede usted elegirlo. Barcelona: Editorial Noguer S.A., 1970.

Detailed guide to help parents choose the sex of their children based on the latest research. (AA)

SEX EDUCATION AND BIRTH CONTROL

Sex Education:

CHILD Study Association of America. El mundo del sexo explicado a los niños. Sagitario S.A. de Ediciones y distribuciones, 1968.

The quest for sexual information is natural. The manual contains simple, unaffected questions. It provides information for children, adolescents, and married couples. Recommended for parents, educators, children. Informal Spanish easy for young readers to comprehend. (MR)

GENDRON, Lionel. Una historia maravillosa: la verdad del nacer. Barcelona: Ediciones Daimón, 1969.

A profusion of color illustrations helps to make this book an excellent sex education manual for young people. Very basic information is provided in large print format. Recommended for juvenile and young adult collections. (JO)

HITE, Shere. Sinceridad sexual; así nació el reporte Hite. Ediciones Martínez Roca, S.A., 1977.

This book is a compilation of the answers to questionnaires on sexuality. The responding group is comprised of women from all walks of life ranging from 14 to 64 years of age. Their responses reveal the hopes, fears, and desires of modern women. The anonymity of the questionnaire produced honest, frank, and often explicit answers. The language and subject is aimed at an adult audience. Nothing else available in Spanish (to my knowledge) of this nature. Recommended. (HH)

HUNT, Morton M. Amistad, sexo, amor: la mujer del siglo XX. Barcelona: Ediciones Ariel, 1962.

A translation of "Her Infinite Variety: The American Woman as Lover, Mate, and Rival." A sociological treatise of middle-class married women in the United States in this century; the book deals with the traditional and more liberated roles of women in American society. Contains an extensive bibliography though somewhat dated by now. Good index. Detailed table of contents. Recommended for

readers deeply interested in the subject; not for the average person. 384 p. (JO)

MASTERS, William H. Respuesta sexual humana. Buenos Aires: Editorial Inter-Médica, 1966.

This is now a classic in its field. It is technical in presentation but has a glossary and an index. It also contains a bibliography of over 300 items. Wide publicity in the original English version has made it very popular with the general public. 324 p. (AP)

NAGERONI, Alejandro and Saponaro, Aldo. Vida sexual del hombre. Barcelona: Editorial De Vecchi S.A., 1973.

This manual, written for the layman, will answer many questions about male sexual functions, responses, concerns, inadequacies and venereal diseases. (AA)

SAPONARO, Aldo. Vida sexual de la mujer. Barcelona: Editorial De Vecchi S.A., 1973.

A concise, informative manual on the sexual life of a woman. The physician-author provides answers to many questions that women ask about sex and their bodies. (AA)

UBALDE MERINO, J. Atlas de información sexual. Barcelona: Editorial Fontanella S.A., 1973.

A current Spanish language (not a translation) sex manual which includes chapters on sexual education, male and female anatomy, lovemaking, menstruation, heredity, birth, etc. Includes numerous excellent color illustrations and charts to supplement the text. Although intended for young adults, the language sometimes is not very clear or concise, and explanations are sometimes missing, inadequate or outdated, particularly in the area of lovemaking. It is a good reference source, but more adequate for adults than teenagers. (MA)

WALKER, Kenneth Macfarlane. Amor, matrimonio y la familia. México: Editorial Azteca S.A., 1964.

A Spanish version of the book entitled "Love, Marriage, and the Family," published in 1964. Deals with different aspects of courtship, preparation for marriage, physiology of reproduction, sexual education, the need to have children, heritage, etc. Includes a few illustrations dealing with reproductive systems of the male and female. The text is written in clear but somewhat verbose Spanish, intended for a general adult audience. Most of the technical information is correct, but the attitudes projected about sex, male and female roles in and out of marriage, are extremely outdated and full of prejudices. Recommended with many reservations. (MA)

Birth Control:

ANDRY, Andrew C. ¿De dónde vienen los niños? Time-Life, 1968.

Translation of Time-Life book "How Babies Are Made," 1968; identical in format with English book except for binding, introduction, and guide to parents. Introduction explains the need for sexual information in childhood in order to prevent the rise of erroneous ideas later on, and also argues against the fallacious idea of preserving a child's "innocence." This kind of preparation for the idea of sexual information is necessary for some Spanish-speaking parents. "Written to answer the child's first questions, for parents to share with their children." Aimed at pre-school children and their parents, it is also useful for adult Spanish-speaking women who are functioning at a third grade level of literacy and are interested in the basic facts of life. (MFJ)

BILLINGS, J. J. Regulación natural de la natalidad. Santander: Editorial Sal Terrae, 1976.

A very detailed and clear explanation of the rhythm method of birth control. Includes vocabulary, charts, illustrations, and a bibliography. A handy chart for reference is also included (removable). Good print. Highly recommended. For young adults and adults. 95 p. (JO)

HAVEMANN, E. Control de la natalidad. Los redactores de Time-Life, 1967.

This book offers thorough information about conception, contraception, abortion, and sterilization. A guide for married couples, it analyzes the growing population and its national and world-wide effect on family life. Recommended for all ages. (HP)

KAHN-NATHAN, Jacqueline. La anticoncepción en diez lecciones. México: Editorial Diana S.A., 1975.

Originally published in France, it contains a discussion of birth control in general and then details specific methods. Each method is described (often with the aid of pictures or diagrams) in terms of how it works, rate of success, advantages and/or disadvantages. A chapter dealing with psychological problems which may be involved in using birth control is included. It should be noted that since the book was published in France, the metric system is used, therefore the temperature is given in centigrades rather than Fahrenheit. This should be pointed out to the patron using the book, otherwise recommended. (DC)

WOMEN'S HEALTH

COOPER, Wendy. No hay edad crítica en la mujer. Barcelona: Editorial Noguer S.A., 1977.

A simple explanation of menopause that includes the latest studies of hormones and their effects on menopause. The author explains how through hormone replacement women can achieve what the author calls "biological liberation" which greatly reduces the physical disorders, problems, and distresses typical of this critical age. The Spanish translation uses simple language. The bibliography cites only English language titles. (HH)

SAPONARO, Aldo. La menopausia; cómo prolongar la vida sexual. Barcelona: Editorial De Vecchi S.A., no date.

This is just another book on menopause. It contains general information on anatomy and physiology and the problems that might arise out of them. It does not emphasize cures or solutions. "No hay edad critica en la mujer" by Cooper deals more with the subject and provides the reader with actual scientific information. However, Saponaro's book may have greater appeal because very simple Spanish is used. (HH)

PART II Additional Materials

The titles listed but not annotated represent those which were either not verified as in print, or those for which review copies were unavailable to contributing resource persons. These titles are included as a source list for further investigation in this area.

ALCOHOL AND DRUGS

Alcohol:

ALCOHÓLICOS Anónimos. A.A. World Services, 1955.

CHAFETZ, Morris Edward. Uso y abuso del alcohol. Barcelona: Aymá S.A., Editora, 1970.

TERHUNE, William B. Cómo prevenir el problema de alcoholismo. México: Editorial Diana S.A., 1968.

Drugs and Tobacco:

GANNON, Frank. Drogas: qué son y cómo actuán. México: Editorial Pax México, 1971.

HOUSER, Norman W. Drogas: informes sobre su uso y abuso. Glenview: Scott, Foresman and Co., 1969.

HYDE, Margaret O. Drogas alteradoras de la mente. Glendale: Diane Books, 1968.

ROPP, Robert S. de. Las drogas y la mente--Drugs and the mind. México: Compañía Editorial Continental S.A., translated edition revised 1960.

CONSUMER HEALTH INFORMATION

LONGRÉE, Karla and Blaker, Gertrude G. Técnicas sanitarias en el manejo de los alimentos. México: Editorial Pax México, 1971.

U.S. DEPARTMENT of the Interior. ¡Ratas acabemos con ellas! United States Government Printing Office. 0-564-485, printed 1968.

DICTIONARIES

BRUSSEL, James A. and Cantzlaar, George L. Diccionario de psiquiatría --Dictionary of psychiatry. México: Compañía Editorial Continental S.A., 1972.

DABOUT, E. Diccionario de medicina--expresiónes técnicas, términos médicos. México: Editorial Epoca, 1970.

GLOSARIO español-inglés para los auxiliares de salud. Sacramento: State of California Department of Health, 1974.

NEUVILLE, Pierre. Pequeño diccionario médico práctico. Bilbao: Ediciones Mensajero, 1972.

MOMMSEN, H. Diccionario médico Labor para la familia. Barcelona: Editorial Labor S.A., 1972.

RUIZ TORRES, Francisco. Diccionario inglés-español y español-inglés de medicina. Madrid: Editorial Alhambra, 1965.

SMITH, Genevieve Love and Davis, Phyllis E. Terminología médica--Medical terminology. México: Editorial Limusa S.A., no date.

DISEASES

BENDER, Stephen. Las enfermedades venéreas--Venereal disease. Edutex, 1971.

COLECCIÓN Científica de Time-Life. Salud y enfermedad--Health and disease. Spanish Book Corporation of America, 1965.

DALLAYRAC, Dominique. Las enfermedades venéreas. Bilbao: Editorial Mensajero, 1973.

ENFERMEDADES del aparato respiratorio: causas, síntomas, curación--Illnesses of the respiratory system: causes, symptoms, treatment. Barcelona: Ediciones Cedel, 1972.

ESCALLE, J. E. Después del infarto. Barcelona: Editorial El Ateneo, 1972.

SAPONARO, Aldo. La curación de la diabetes--Caring for diabetes. Barcelona: Editorial De Vecchi S.A., 1972.

SAPONARO, Aldo. Las enfermedades del hígado--Diseases of the liver. Barcelona: Editorial De Vecchi S.A., 1976.

SAPONARO, Aldo. Infarto cardíaco. Barcelona: Editorial De Vecchi S.A., 1974.

SAPONARO, Aldo. Libérese de los trastornos nerviosos. Barcelona: Editorial De Vecchi S.A., 1974.

SCHOFFLING, Karl. El mejor consejero del diabético. Escrito por Karl Schoffling, Rudiger Petzoldt y Annemarie Frohlich-Krauel. Madrid: Paraninfo Ediciones, 1975.

VALLIER, Claude. El infarto; cómo evitarlo, consejos indispensables para mayores de 40 años. Bilbao: Editorial Mensajero, 1973.

VANDER, Adrian. Enfermedades y trastornos en la vida conyugal. Barcelona: Gráficas Ampurias, 1966.

HUMAN PHYSIOLOGY

ARMSTRONG, Katherine F. Manual de enfermería: anatomía y fisiología--Nursing manual: anatomy and physiology. México: Compañía Editorial Continental S.A., translated 1969.

AVELLA, Guillermo. Nomenclatura anatómica. México: Compañía Editorial Continental S.A., 1976.

BARNETT, C. G. El cuerpo humano; un esquema de la estructura del hombre y de su funcionamiento. Escrito por C. G. Barnett, H. Grayshon Lumby y Deryck Taverner. Barcelona: Editorial Ramón Sopena, 1968.

GUTIERREZ, Fernando Quiroz. Anatomía humana. México: Editorial Porrúa S.A., 1976.

MURRAY, I. MacKay. Anatomía humana simplificada. México: Compañía General de Ediciones, 1969.

NOURSE, A. E. El cuerpo humano. Los redactores de Life, 1965.

MEDICAL CARE

General:

BIEGE, J. Medicina para todos (esperando al médico). Los Ángeles: Bernard H. Hamel, 1974.

DAVIS, Adelle. Mejore su salud. New York: Editors Press Services, 1974.

JOHNSON, Harry Julius. Comer, beber...y vivir. Barcelona: Editorial Bruguera S.A., 1965.

LADIES Aid Society of St. Luke's Hospital. Hospital Spanish. Ladies Aid Society, 1971.

LEVY, Janine. Despertar a la vida. Barcelona: Ediciones Daimón, 1973.

NATANGELO, R. El médico en su hogar. Barcelona: Editorial De Vecchi S.A., 1973.

ORGANIZACIÓN Panamericana de la Salud. Educación médica y salud. Washington, D.C.: Organización Panamericana de la Salud, 1977-78.

PIPER, Douglas W. Medicina para profesiones paramédicas. México: Libros McGraw-Hill de México, no date.

SAMPEDRO, José. Histología normal. 15th ed. México: Librería de Medicina, no date.

SAPONARO, Aldo. Cómo curar y eliminar el dolor de espalda. Barcelona: Editorial De Vecchi S.A., 1971.

SAPONARO, Aldo. Tests de su salud. Barcelona: Editorial De Vecchi S.A., 1973.

Emergency/First Aid:

BENJAMIN, Bry. En caso de emergencia--In case of emergency. New York: Editors Press Service, 1972.

DAESCHLEIN, Friedrich. Primeros auxilios. León: Editorial Everest, 1971.

GÓMEZ-ÁLVAREZ, Salvador. Manual de primeros auxilios; cómo actuar mientras llega el médico. 15a ed. México: Editorial Porrúa, 1976.

Health Guides/Reference Books:

HAMMERLY, Marcelo. Enciclopedia médica moderna. Ediciones Interamericanas, 1971.

HIRSCHHORN, Howard H. Medical guide, guía médica. México: Editorial Diana S.A., 1969.

SAPONARO, Aldo. Nuestra salud: la gran enciclopedia de la familia. 2 volumes. Barcelona: Editorial De Vecchi S.A., 1968.

MEDICINAL PLANTS AND HERBS

ARIAS, Hipólito. Plantas medicinales. México: Editores Mexicanos Unidos S.A., no date.

CARON, Michel. Plantas medicinales. Escrito por Michel Caron y Henry Clos-Jouve. Barcelona: Ediciones Daimón, 1966.

CUNQEIRO, Álvaro. Tertulia de boticas prodigiosas y escuela de curanderos. Barcelona: Ediciones Destino, 1976.

LEZAETA ACHARAN, Manuel. La medicina natural al de todos. México: Editorial Pax México, 1973.

MENTAL HEALTH

BERNE, Eric. Juegos en que participamos--Games people play. México: Editorial Diana S.A., 1966.

CHEAVENS, Sam Frank. Cómo trasformar la depresión en entusiasmo. México: Editorial Diana S.A., 1971.

DIEZ-BENAVIDES, Mariano. De la emoción a la lesión; estructura del proceso psicosomático. México: Editorial Trillas, 1976.

HARRIS, Thomas A. Yo estoy bien; tu estás bien. Barcelona: Ediciones Grijalbo S.A., 1969.

TORRIGIANI, Cayetano. Salud y serenidad a través del relajamiento. Barcelona: Editorial De Vecchi S.A., 1973.

WILSON, John Rowan. La mente. México: Time-Life International de México, 1964.

NUTRITION

COTAPOS, Pérez and Lexaeta, Rafael. Manual de alimentación sana. México: Editorial Pax México, 1976.

FLIESS, Walter y Jenny. Cocina vegetariana moderna. México: Editorial Diana S.A., 1974.

PINCKNEY, Edward R. La controversia del colesterol. México: Editorial Diana S.A., 1973.

SEBRELL, William Henry. Alimentos y nutrición. Time-Life, 1972.

VANDER, Adrian. Adelgazar comiendo bien. Barcelona: Editorial Sintes S.A., 1968.

VERDAGUER, Mercedes. Naturismo; dietética natural y recetas básicas de cocina. Barcelona: Editorial De Vecchi S.A., 1973.

WILLIAMS, Rodwell. Manual práctico de nutrición. México: Editorial Pax México, 1973.

PEDIATRICS/CHILD CARE

CALLES, Mario. Inmunizaciones. México: Editorial Diana S.A., 1976.

DUNCOMBRE, M. A. Manual de enfermería pediatría. México: Compañía Editorial Continental S.A., 1961.

SPOCK, Benjamin. Tu hijo. Barcelona: Ediciones Daimón, 1974.

THOMASA-SANCHEZ, José M. Enciclopedia del cuidado del niño. New York: Editors Press Services, 1973.

WATSON, Ernest H. and Lowrey, George H. Crecimiento y desarrollo del niño--Growth and development in the child. México: Editorial F. Trillas S.A., translated 1965.

PHYSICAL FITNESS

General:

CURETON, Thomas K. Aptitud física y salud dinámica. Editorial Excelsior Corporation, 1972.

DOWNING, George. Libro del masaje. Barcelona: Editorial Pomaire, 1972.

GÓMEZ DEL VALLE, P. Juegos de educación física. Madrid: Santillana S.A. de Ediciones, 1966.

GOUST, F. Tu cuerpo y tu salud. 3rd. ed. Barcelona: Ediciones Daimón, 1969.

LÓPEZ, E. G. Cómo eliminar la obesidad y la barriga. Barcelona: Editorial De Vecchi S.A., 1975.

MORENO, José M. Hágase Ud. mismo su chequeo médico. Madrid: Ediciones Distein, 1975.

SAPONARO, Aldo. Cómo eliminar barriga y otras formas de obesidad. Barcelona: Editorial De Vecchi S.A., 1969.

Exercises:

MAYER, Edith. Belleza femenina por la gimnasia y el deporte. México: Editores Mexicanos Unidos S.A., 1972.

MOREHOUSE, Laurence. Vida total en 30 minutos por semana. Editorial Cosmos, 1976.

REAL, Fuerza Aérea Canadiense. Gimnasia básica; 11 minutos diarios para el hombre, 12 minutos diarios para la mujer. México: Editorial Pax México, 1972.

WALLIS, Earl L. Ejercicios isométricos para el mejoramiento de la figura y acondicionamiento del cuerpo. México: Editorial Diana S.A., 1964.

Yoga:

DAY, Harvey. Yoga para mujeres. Barcelona: Editorial Hispano Europea, 1974.

LENOIR, Juliette. Gimnasia yoga para la mujer. Buenos Aires: Editorial Caymi, 1968.

ROUMANES, Jean Pierre. El yoga en diez lecciónes. Bilbao: Editorial Cantabrica, 1974.

PREGNANCY AND CHILDBIRTH

FESLINKENIAN, Franca. ¡Téngo un bebé! Barcelona: Editorial De Vecchi S.A., 1973.

GALLY, Esther. Manual práctico para parteras. México: Editorial Pax México, 1977.

LAMAZE, Fernand. El parto sin dolor por el método psico-profiláctico. México: M. Aguilar Editor, S.A., 1956.

MIEHE, Marie-Helene. El embarazo y el parto. Bilbao: Editorial Mensajero, 1973.

MIRAGLIA, F. Seras madre. Barcelona: Editorial Noguer, 1972.

READ, Grantly Dick. Parto sin dolor. Buenos Aires: Ediciones Siglo Veinte S.A.C., no date.

SEX EDUCATION AND BIRTH CONTROL

Sex Education:

BAEN, A. Hombre y mujer: ideas sobre el sexo para los adolescentes--Men and women: ideas on sex for adolescents. Barcelona: Editorial Fontanella S.A., no date.

HORNSTEIN, Dr. Vida sexual sana. Barcelona: Ediciones Daimón, 1968.

LAMARE, Noel. Conocimiento sexual de la mujer--Sex education for women. Barcelona: Editorial Fontanella S.A., no date.

LAMARE, Noel. Conocimiento sexual del hombre--Sex education for men. Barcelona: Editorial Fontanella S.A., no date.

SPOCK, Benjamin McLane. Amor de 15 a 20. Barcelona: Ediciones Daimón, 1976.

TAYLOR, Donald. El desarrollo sexual humano--Human sexual development. Edutex, 1970.

UBALDE MERINO, J. Atlas de información sexual. Editorial Fontanella S.A., no date.

WYRTZEN, Jack. El sexo no es pecado. Literatura Evangélica, 1974.

Birth Control:

BENDER, Stephen. Métodos anticonceptivos--Contraception: by choice or by chance. Edutex, 1972.

COLMENARES, Octavio. Qué hacer para ya no tener niños. Meridiano, 1973.

GENOUEL, Yves. La píldora. Bilbao: Ediciones Mensajero, 1972.

HUNTH, Roberto. Procreación consciente. Barcelona: Editorial De Vecchi S.A., 1962.

KISTNER, Robert W. Píldora. México: Editorial Diana S.A., 1968-69.

ROSSMAN, Isadore. Sexo, fertilidad y control de la natalidad--Sex, fertility, and birth control. Edutex, 1972.

STONE, Abraham and Himes, Norman E. Métodos prácticos para el control de la natalidad--Practical methods of birth control. México: Editorial Diana S.A., 1961

WOMEN'S HEALTH

BOSTON Women's Health Book Collective. Nuestros cuerpos, nuestras vidas. Boston Women's Health Book Collective, 1976.

GIFFORD-JONES, W. [pseud.] Lo qué toda mujer desea saber sobre su cuerpo. México: Editorial Diana S.A., 1974.

GLASS, Robert H. Tú cuerpo; anticoncepción, infertilidad, reproducción humana, menopausia, hirsutismo y enfermedades venéreas. Escrito por Robert H. Glass y Nathan G. Kase. México: Editorial Pax México, 1970.

REUBEN, David. ¡Cualquiér mujer puede! México: Editorial Diana S.A., 1971.

APPENDIX

SOURCES FOR SPANISH LANGUAGE MATERIALS

Anaya-Las Américas Publishing Company, Inc.
40-22 23rd Street
Long Island City, NY 11101

Babel Media Center
1033 Heinz Street
Berkeley, CA 94710
(415) 849-3191

Bilingual Educational Services
1607 Hope Street
P.O. Box 669
South Pasadena, CA 91031
(213) 682-3456

Bilingual Publications Company
1966 Broadway
New York, NY 10023
(212) 873-2967

Héctor Bravo
Librería Bravo
1204 West 7th Street
Los Ángeles, CA 90017
(213) 622-1960

El Camino Real
Minority Material Distribution Center
Denver Federal Center
GSA Building 41
P.O. Box 25426-A
Denver, CO 80255

Casa Editorial Publications
362 Capp Street
San Francisco, CA 94110

Collectiva Bookstore
5718 Linda Paseo
San Diego, CA 92115

Cruzada Spanish Publications
P.O. Box 1269
Homestead, FL 33030

De La Rosa's Latin American Imports
80 South First Street
San José, CA 95113
(408) 297-4976

Dissemination Center for Bilingual Bicultural Education
6504 Tracor Lane
Austin, TX 78721
(512) 926-8080

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